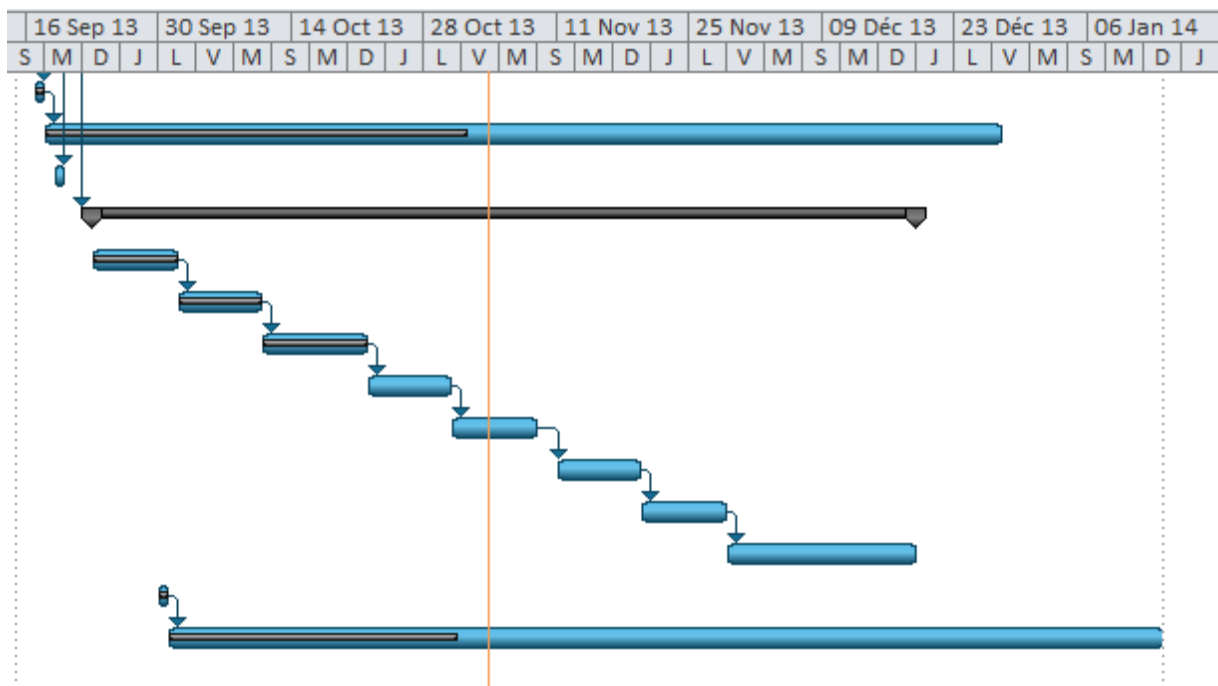


RAPPORT #4

To-do list:

- Read IT RSS feeds
- Find literature, RSS feeds about emotional intelligence (optimism, motivation, pleasure and learning)
- Start to read literature on emotional intelligence.
- End the reading of chapter 3
- Start and end reading chapter 4 of UML eBook

Global advancement:



- I have finished with “read chapter 3” task.
- I did not take note of the holidays weeks during my planning. And I have done anything during holydays; therefore I’m in late in advancement of learning UML modeling.
- As regards the reading of emotional intelligence feeds, the train is on the way. I’ve read a lot of articles, and I started to set up some tips like:
 - Have a post it on my desk with this quote :

“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” Sir Winston Churchill

- From the modern meditation blog, I found these two tips which help to stop being pessimist:

1. *Write down when you experience these things that push you over the edge of control to acknowledge them when they arise*
2. *Actively slow down and take however many moments necessary to breath, reflect and move on in a balanced level headed way when these situations arise* - See more at:
<http://www.modernmeditation.ca/motivation/#sthash.4hAFIBK9.dpuf>

Self-evaluation:

I didn't manage to read both IT and emotional intelligence rss feeds, perhaps because it was holidays and because reading E.I feeds was more amusing. So I focused my energy on it. As I said before, I did not take note of the holidays weeks during my planning and I have done anything during those days as regards UML learning. I hope it's the only reason and that it's not a sign of a decrease in motivation. However, even if it was a decrease in motivation, I have something now to increase that motivation. Indeed, I've read one article, in which the writer Dr Jon Warner explains why case studies help to accelerate learning. And I made the link with one of my learning preference which is learning by practice. Thus I came with the fact that if I want to boost my learning process, I have to find a case study and use what I'm learning now on it.